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FRESH FRUITS ARE BEST IN SEASON with care...they'll keep within reason.



- Wash and cap just before using

*Spread berries
keep dry and cold.
That's the way
to prevent mold.*



*Don't pinch, bruise or
break our skin....
You'll let the enemy
'rot' come in.*

- Be gentle with tender skinned fruit.
- Spread to keep from bruising.
- Keep ripe fruit cold.
- Let under-ripe fruit ripen at room temperature to bring out the flavor.



FIGHT FOOD WASTE *in the home*

BUREAU OF HOME ECONOMICS
U.S. DEPARTMENT OF AGRICULTURE